

Shot put handbook 2

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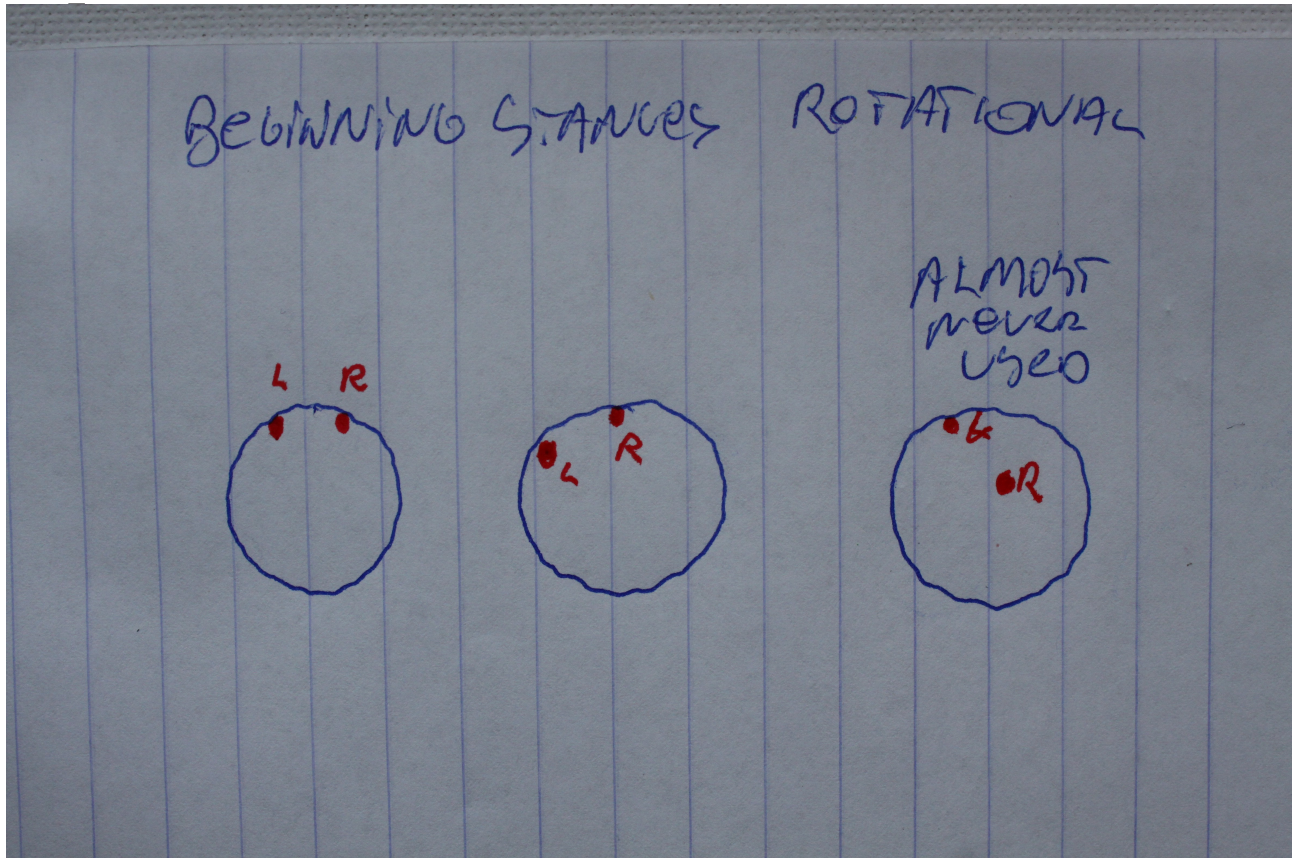
Go from low or medium low and bend to high and extended

If you start pretty low do squats to increase upward power

Foot placements in the beginning of the throw:

With the rotational shot put:

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Feet placement types:

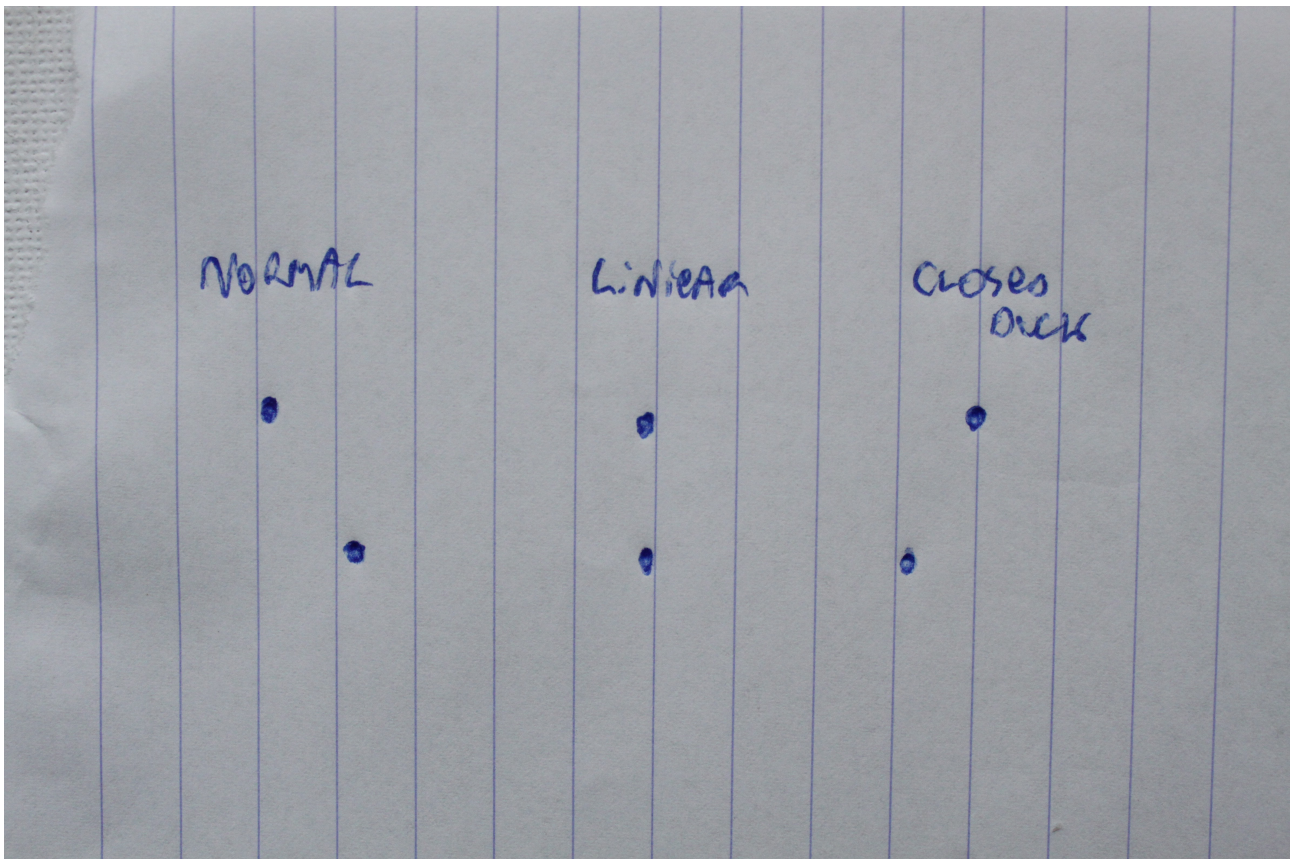
Power stance phase:

Normal

Linear

Closed duck

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Block with the left leg:

A good block equals a better throw

Work up against the blocking leg

The stick method

The leg is almost fully extended

The pole vault method

Where the leg is bend a little to quite a lot
and while throwing extends again

Tip: Do stability exercises

Especially with the glide

Interesting way of training:

Focus on;

The wind up

Turning in the left foot

The throwing arm, elbow positions throughout the throw

With the rotational the elbow is lifted slightly by bending
the body while going to the throwing direction just before the power stance is taken
where the elbow goes to a lower position again

Non throwing arm use and positions throughout the throw

Right leg swing or kick

Getting into the power stance

The throw and the release

Powerstance pivot drills:

180 degree turns to powerstance

Backward turns

The right leg or right foot is the one that pivots

While the left leg constantly moves backward in to a powerstance

Tip:

Leg agility (agility ladder for example)

and hurdle exercises can be done to improve footwork

Technique times of professional shot putters:

The time starts right after the wind up until the implement leaves the hand

Gliders:

around 0.75 seconds to 0.90 seconds

Rotational shot putters:

around 1.15 to 1.45 seconds

A glide technique:

While gliding thrust the left elbow or non throwing arm elbow backwards and after that back to in front of the body again assuming a powerstance

Fun to know:

There's a cartwheel shot put style but it is very dangerous and in competition normally ruled as a foul